**How he got started-**Usain bolt is born on August 21, 1986 in Sherwood, Jamaica. His parents name our Jenifer and Wellesley, which own a small grocery store. He has a brother name Sadeeki, and a sister named Shrine. Usain bolt parents made Usain obsessed in sports, especially in sprints. They say “he is a fast lil kid”. On his 12th birthday he started running regional races, and had found out that he was one of the fastest sprinters in his area.

**Career-** After enrolling from Knibb High School, he won his first prep medal at the age of 14, winning the silver in the 200 meter dash, with 22.04 seconds. The school he was in a had the ability to put gifted athletes into national programs. July 2003 he wins the IAAF World youth Championships in the 200m with a time of 20.40. Then a year later he turns professional with becoming the first junior sprinter to go under 20 seconds.

**Accomplishments-** Usain Bolt has broken his own 100m sprint record, as well as Michael Johnson’s 200m record in the summer Olympics games in Beijing. This made him the first man to hold both the 100m and 200m world and Olympic titles at the same time. He is now the [IAAF World Athlete of the Year,](file:///\\0455-IT-SERVER\Student%20Folders\darnell%20griffin\IAAF%20World%20Athlete%20of%20the%20Year,) [Laureus Sportsman of the Year.](file:///\\0455-IT-SERVER\Student%20Folders\darnell%20griffin\Laureus%20Sportsman%20of%20the%20Year.)

**Interesting facts-** in his childhood years he sprints more time playing soccer and cricket with his brother. He is named lightning Bolt due to his speed. Usain Bolt became the first to holds the World records, World Championship records and Olympic Games records at all-three sprint events (100, 200 and 4x100) at the same time.

Sources-<http://en.wikinews.org/wiki/Usain_Bolt_sets_new_world_record_in_100m_sprint>